

Understanding Self-Regulation and Co-Regulation

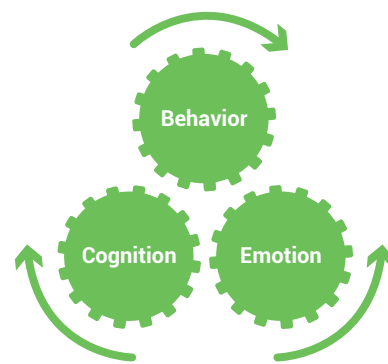
PRESENTED: January 2020 **REVISED:** September 2020

What is Self-Regulation? And why does it matter?

Self-Regulation is the act of managing our thoughts and feelings so we behave in ways that help us reach our goals.

Self-Regulation matters because it enables us to...

- Handle stress in our jobs and relationships
- Resist immediate gratification
- Avoid quick decisions we later regret
- Make short- and long-term plans
- Solve problems
- Be more effective partners, parents, and facilitators



Emotional Self-Regulation:

- Self-calming strategies
- Labeling, expressing, managing emotions
- Tolerating appropriate levels of distress or discomfort
- Mindfulness
- Identifying, challenging, and changing unhelpful feelings or thoughts
- Empathy and compassion



Cognitive Self-Regulation:

- Resisting temptations and impulsive actions
- Choosing what to focus on
- Working memory
- Adapting to new circumstances
- Perspective taking
- Transition from thinking about one concept to another
- Problem solving and decision making
- Goal setting (short and long term) and goal commitment
- Planning



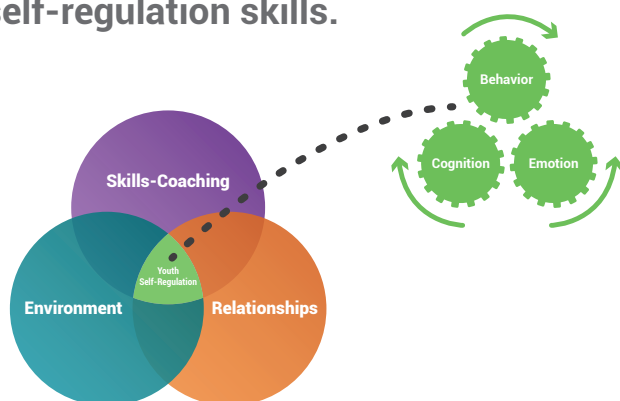
Behavioral Self-Regulation:

- Organization of time and materials
- Healthy coping (breathing, exercise, self-care)
- Persistence in the face of intense or difficult emotions
- Delaying gratification
- Conflict resolution
- Pro-social or cooperative and compassionate communication

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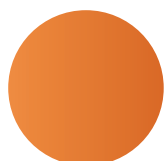
Co-Regulation: A Framework for masterful program delivery

Co-Regulation—support from adults that prioritizes warm relationships and nurturing environments as the context for coaching and modeling self-regulation skills.



Ask yourself, do my participants

- Believe I care about them and know I am there if they need me? Do they feel welcome?
- Feel safe in the workshops? Are they able to focus on learning?
- See me modeling good management of thoughts, feelings, and behavior? Do I work with them—coach them—in times of intense emotion or stress?



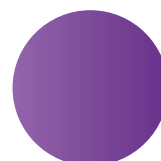
Warm, Responsive Relationships:

- Respond with warmth and affection; avoid harsh, judgmental, or shaming remarks
- Validate; offer support during intense emotion
- Share perspective; allow them to make decisions and experience natural consequences
- Show and encourage compassion for self and others



Safe, Supportive Environments:

- Co-create group values that promote safety and positive climate
- Incentivize good choices (e.g. those who arrive on time receive something)
- Offer anticipatory guidance as they navigate their own environments
- Offer space and time to calm down in times of arousal, conflict, or stress (e.g. create refuel zone)
- Provide prompts for skill use (e.g. posters)



Modeling and Coaching Skills:

- Coach awareness of emotions and their value
- Coach stress management and distress tolerance; self-calming
- Encourage help-seeking
- Support goal-setting and monitor progress, support persistence
- Coach problem-solving
- Coach decision-making that aligns with values

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Journal

THINK about a time . . .

. . . when you really felt cared for like you belonged, a time when you were welcome as part of a group or community. The person or people you were with were kind, warm, and you knew they were there for you if you needed them. ●

● WHAT specific things

did they say or do, and how did they behave so that you knew that they cared about you and had your back (things someone could see or hear if they were watching)?

Write a few words that describe these behaviors below.

IMAGINE you are a participant walking into or sitting in an SRAE workshop. What could your facilitator say or do that would communicate that you are known, you are cared for, and you belong?

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Explore, Plan, Take ACTION!

Imagine what is possible if we build our workshops on
a foundation of co-regulation!

- 1 REVIEW** the ideas listed in the chat feature.
- 2 SEE** what ideas inspire you!
- 3 WRITE** one action you will try in your workshops.

Relationships

ACTION:

Environments

ACTION:

**Skills -
Coaching**

ACTION:

Oxygen

ACTION:
